

These Are Not Normal Times

Tips to Be Well Anyway

Mental Wellness & Resilience During a Pandemic



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The Wall

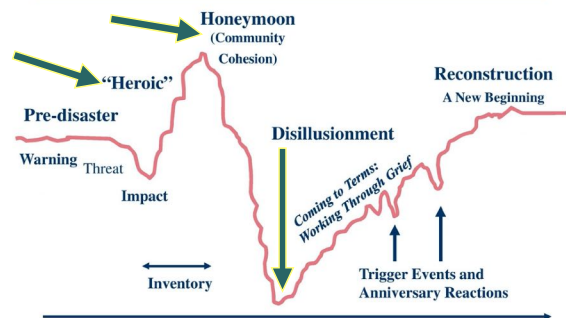
It's normal.

It doesn't mean you are lost or failing,
It just means you are tired.

It's temporary.

DR. AISHA AHMAD
TELEGRAPH.CO.UK
9/23/2020

Typical Phases of Disaster

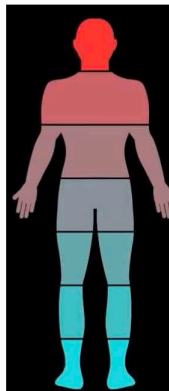


Zunin & Myers

Tips for Clearing the Wall

- Shore leave
- Refocus on essentials
- Don't Push through
- Manage expectations
- Do not be afraid

ADAPTED FROM DR. AISHA AHMAD
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MENTAL
SPIRITUAL
EMOTIONAL
SOCIAL
SENSORY
CREATIVE
PHYSICAL



DR. SAUNDRA DALTON-SMITH

Emotional Tuning

Problem The "amygdala hijack"

Practice Name it to tame it

Benefit Response flexibility

SHAPIRO, 2020

Steps to Self-Compassion



Mindfully identify your feelings
Acknowledge common humanity
Practice loving-kindness

NEFF, 2003

Journaling



- Consider what substances, activities, environments, or emotions you are regularly consuming
- Write about the impact of these on your mood, energy, and relationships.
- Describe one small yet meaningful change you will make for the next two weeks that will limit your consumption of harmful stimuli.
- Describe what you will do with your time instead. Intentionally choose something that nurtures you.

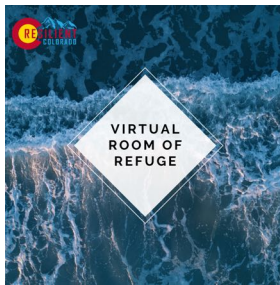
Manage Expectations



No matter how much I get done, or is left undone, at the end of the day, I am enough.

~ Brené Brown

Resources



[HTTPS://RESILIENT-COLORADO.COM/VRWR.HTML](https://resilient-colorado.com/vrwr.html)

For support in implementing & sustaining Trauma-Informed Culture, contact:



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